

From The Chef's Table



Cooking Tips

Muffins

Muffins will brown best if shiny metal muffin pans are used for baking them. Fill the muffin-pan cups 2/3 full with batter. They will rise above the pan surface.

- Tip: Tins should be greased rather heavily on the bottom for easy removal of muffins. Greasing the sides very lightly, or not at all, allows the batter to cling to the tins in rising, thus increasing volume.

Culinary Trivia

What was the only bean known in Europe before the discovery of the New World?

- [a] the fava or broad bean;
- [b] the French or string bean;
- [c] the white or Great Northern bean.

[a] The fava bean, also known as faba bean, horse bean and broad bean, was the only bean known in Europe until the discovery of the New World.

Customer Request Corner & Special Items to Look For

- Now that Fall has Arrived, look for new menu items weekly in all our Cafe's
- Thanksgiving Lunch Menu South Cafe on Thursday
- Guest Restaurant Indique Heights, Whitten Cafe Wednesday
- Check out our North American Indian Heritage Menu Feature on Wednesday, Cod Cakes

Check out these Local Products this week

Suntan Peppers
Yellow Squash and Zucchini
Red Potatoes
Wild Flower Honey
Mushrooms
Beets
Kale
Asian Pears

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